

**ABSTRACT**

The invention includes a system and method for changing a playback speed of a selected video segment having a progressive frame structure which has been recorded onto a portion of a storage medium. A selected video segment can be modified for a changed playback speed and the modified video segment can be recorded exclusively on the portion of the medium. A plurality of non-video packs in the selected video segment can be deleted to reduce the amount of data contained in the modified video segment. Alternatively, the resolution of at least one frame in the modified video segment can be reduced.

10 The video segment can contain intra and non-intra frames and can be modified by adding at least one picture. Alternatively, the video segment can be modified by removing at least one picture. The video segment can also be re-encoded for smoother trick mode and playback performance.